AGE CONCERN AUCKLAND West Auckland Calendar of Activities 2020/2021

fun, laughter, friendship

physical activities

social activities

life long learning

support groups

special interests



Please Note:

The information gathered for this Calendar was collected prior to the Covid-19 lock down period and was correct at that time.

However, we cannot guarantee its accuracy at this point so please ensure that you:

- > <u>Phone the contact number</u> to confirm:
 - Details including if it is currently running, temporarily suspended or permanently cancelled
 - Any costs that may be involved
 - Any membership requirements
- > Some activities require a reasonable level of physical and mental wellbeing
- > Many activities only operate during school term time please check

Monday - Physical Activities						
Aerobics - Free exercise class	5:30pm	Tuipulotu 021 0233 2188 Tuipulota.vakalahi@thefono.org	The Hub West 27 Corban Ave Henderson			
Aerobics - Free exercise class	12:30pm-1:30pm	Tuipulotu 021 0233 2188 Tuipulota.vakalahi@thefono.org	Kelston Community Centre 135 Awaroa Road Sunnyvale			
Cardio Fix - Exercise Group	5:30pm	Annie 027 428 4894 annetausi28156@gmail.com	Blockhouse Bay Community Centre 524 Blockhouse Bay Road			
Chair Yoga for Beginners - Introduction	9:00am	Tracy 021 284 8444	The Olde Homestead 92 Point Chevalier Road			
Chair Yoga for Seniors	10:00am-11:00am	Tracy 021 284 8444	The Olde Homestead 92 Point Chevalier Road			
Dance	12noon	Kelly 021 377 040	Selwyn Village Theatre 43 Target Street, Point Chevalier			
Flow - Yoga, Tai Chi & Pilates	9:15am-10:15am	Sherylee (09) 951 0719 sherylee.teoh@mpowrfitness.co.nz	5-7F Veronica Street New Lynn			
Glendene Walking Group - Exercise Group	10:00am	(09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene			
Neuro Connection Stroke Class	1:00pm	(09) 836 6830 admin@neuroconnection.org.nz	2 Claude Brooke Drive Tui Glen Reserve, Henderson			
Seniors' X-FIT - Exercise Group	9:00am	Annie 027 428 4894 annetausi28156@gmail.com	Blockhouse Bay Community Centre 524 Blockhouse Bay Road			
Silver Dragons	10:45am-11:45am	Taryn 027 424 7485 Silverdragons@crossfit reddragon.com	CrossFit Red Dragon 4/4 Workspace Drive Hobsonville			
Strength and Balance Dance Fitness with Debz	9:30am	Debbie 021 149 9905	Green Bay Community House 1 Barron Drive, Green Bay			
Tai Chi - Exercise Group	10:30am	Margaret Derham (09) 816 8649 <i>mtderham@yahoo.com</i>	Blockhouse Bay Community Centre 524 Blockhouse Bay Road			
Tai Chi	6:50pm	Juliana 021 905 742 arohataichi@gmail.com	Ecomatters 1 Olympic Place, New Lynn			

Toi Chi & Oisona E0	11:00am	Quintin (00) 916 9640	New Lynn Community Control
Tai Chi & Qigong 50+ - Beginners, intermediate	11.00am	Quintin (09) 816 8649 Info.kempo@xtra.co.nz	New Lynn Community Centre 46 Totara Ave, New Lynn
Tai Chi & Qigong 50+	12:30pm	Quintin (09) 816 8649	Te Atatu South Community Centre
- Beginners, intermediate	12.00011	Info.kempo@xtra.co.nz	247 Edmonton Road, Te Atatu
Tau Tupina (Niuean Group)	10:30am	(09) 905 6321	63 St George Road
- Exercise & social	10.000	(00) 000 0021	Avondale.
Woman's Yoga	7:30pm-8pm	Natalie Hales 027 238 0811	Ranui Community Centre
- Hatha style		nataliehales@hotmail.com	474 Swanson Road
Zumba Gold	3:00pm	Bev 027 483 2900	Summerset at Monterey Park
	0.00pm	eastonb@xtra.co.nz	1 Squadron Drive, Hobsonville
Mondav – Educa	tional. Social. Sp	ecial Interest, Support G	
Blockhouse Bay Community Centre	40.00 0.00		Blockhouse Bay Community
- Mah Jong	12:30pm-3:00pm	Barbara (09) 626 4980	Centre, 524 Blockhouse Bay
- Free Technology for Seniors	3:10pm-4:10pm	(09) 626 4980	Road, Blockhouse Bay
Community Hangout	11:30am-1:30pm	Sina 022 566 8136	Avondale Communiy Cenre
- Social Group	(except for school	Temana 021 081 21907	99 Rosebank Road
	& public holidays)		Avondale
Knitting & Craft Club	11:00am	(09) 377 0209	93 Rosebank Road
- Art & craft		avondale.library@auckland	Avondale
Densi Osmannita Osman	0.00	council.govt.nz	Den i Ormanita Oratha
Ranui Community Centre - Ranui Embroiders	9:30am-12noon	(09) 833 6280	Ranui Community Centre 474 Swanson Road
	0.20 am 10.20 mm	Claire (00) 6278770	
Seniors at the Bay	9:30am-12:30pm	Claire (09) 6278779	Church of Saviour
- Morning drop-in, morning tea &			2 Heaphy Street
activities	40.00	(00) 040 0070	Blockhouse Bay
Taumata O Te Whau	10:00am	(09) 813 9670 managar kalatanhub@amail.com	Kelston Community Hub
- Social Group	fortnightly	manager.kelstonhub@gmail.com	68 St Leonards Road, Kelston
U3A Auckland North/West	2 nd Monday monthly	Alexis (09) 835 2237	Henderson Bowling Club Alderman Drive
	, j	u3anwest@gmail.com	Aldernian Drive
	Tuesday - P	Physical Activities	
Activate	6:45pm	Sherylee 021 772 163	New Lynn Community Centre
		Sherylee.teoh@mpowrfitness.	46 Totara Avenue
		co.nz	New Lynn
Aerobics	12:30pm-1:30pm	Tuipulotu	Kelston Community Centre
- Free exercise class		021 0233 2188	135 Awaroa Road
		Tuipulota.vakalahi@thefono.org	Sunnyvale
Baba Dance	10:00am	Jason 027 645 7795	Waitemata Rugby Club
- Mandarin speaking		Jason.li@sportwaitakere.nz	96 Swanson Road, Henderson
Flow	6:30pm-7:30pm	Sherylee (09) 951 0719	5-7F Veronica Street
- Yoga, Tai Chi & Pilates		sherylee.teoh@mpowrfitness.	New Lynn
		co.nz	
Health Moves	10:30am	Ollie (09) 835 0767	West Wave Aquatic Centre
			20 Alderman Drive, Henderson
Neuro Connection Stroke Class	9:30am	(09) 836 6830	2 Claude Brooke Drive
			Tui Glen Reserve, Henderson
		admin@neuroconnection.org.nz	
Sit Fit	1:00pm		
Sit Fit	1:00pm	Shirley (09) 817 7228	New Lynn Friendship House 3063 Great North Road
Sit Fit Tai Chi	1:00pm 9:00am	Shirley (09) 817 7228	New Lynn Friendship House 3063 Great North Road
	•	Shirley (09) 817 7228 Quintin (09) 816 8649	New Lynn Friendship House 3063 Great North Road Pinesong Retirement Village
Tai Chi	9:00am	Shirley (09) 817 7228 Quintin (09) 816 8649 quintinderham@gmail.com	New Lynn Friendship House 3063 Great North Road
Tai Chi Tai Chi	•	Shirley (09) 817 7228 Quintin (09) 816 8649 <i>quintinderham@gmail.com</i> Jude (09) 837 5240	New Lynn Friendship House 3063 Great North Road Pinesong Retirement Village 66 Avonleigh Road, Green Bay WALSH Trust
Tai Chi Tai Chi - Seated	9:00am 9:00am-10:00am	Shirley (09) 817 7228 Quintin (09) 816 8649 <i>quintinderham@gmail.com</i> Jude (09) 837 5240 <i>jderkson@walsh.org.nz</i>	New Lynn Friendship House 3063 Great North Road Pinesong Retirement Village 66 Avonleigh Road, Green Bay WALSH Trust 8 Hickory Avenue, Henderson
Tai Chi - Seated Tai Chi & Qigong 50+	9:00am	Shirley (09) 817 7228 Quintin (09) 816 8649 <i>quintinderham@gmail.com</i> Jude (09) 837 5240 <i>jderkson@walsh.org.nz</i> Quintin (09) 816 8649	New Lynn Friendship House 3063 Great North Road Pinesong Retirement Village 66 Avonleigh Road, Green Bay WALSH Trust 8 Hickory Avenue, Henderson Kelston Community Centre,
Tai Chi Tai Chi - Seated	9:00am 9:00am-10:00am	Shirley (09) 817 7228 Quintin (09) 816 8649 <i>quintinderham@gmail.com</i> Jude (09) 837 5240 <i>jderkson@walsh.org.nz</i>	New Lynn Friendship House 3063 Great North Road Pinesong Retirement Village 66 Avonleigh Road, Green Bay WALSH Trust 8 Hickory Avenue, Henderson

Tuesday – Educational, Social, Special Interest, Support Group Activities Biockhouse Bay Community Centre - Garden Club 1:00pm-3:00pm (99) 627 9903 (99) 627 690 (99) 627 9903 (99) 627 690 (99) 627 5919 (99) 627 690 (99) 627 6903 (99) 627 690 (99) 627 6903 (99) 627 690 (99)	Tuesday – Educat	ional Social So	ecial Interest, Support G	roup Activities
- Garden Club 1:00pm-3:00pm (09) 627 9903 Centre - Housie 6:30pm (09) 833 6280 Ranui Community Centre - Ladies craft & coffie 10:00am-12noon (09) 833 6280 Addrey (09) 833 6280 - Fun & Intendsrip 4* Tuesday of month 10:00m Maggie (09) 817 5519 Witchaels Angican - Fun & Intendsrip 4* Tuesday of month 10:00m Maggie (09) 817 5519 West Wave Recreation Centre 20 Alderman Drive, Henderson 9:30am Annie 027 428 4894 20 Alderman Drive, Henderson - Exercise 10:00am Rona (09) 810 9963 West Wave Recreation Centre 20 Alderman Drive, Henderson - Free exercise Group 9:30am Annie 027 428 4894 Blockhouse Bay Road The Hub West - Free exercise Class 5:30pm Tuipulotu The Hub West 27 Corban Avenue Tuipulotu 021 0233 2188 Tuipulotu Green Bay Stobarrel Part 45 5003 Subud Hal 20 Adderman Drive, Henderson - Dance 9:00am-10:30am Ans (09) 817 7099 Green Bay 37 Hobarrelle Road, Henderson - Exercise League 9:00am Sona U21 158 5687 397 Hobarrelle Road, Henderson - Dance				
- Housie 6:30pm (09) 626 4990 524 Blocktouse Bay Road Rauti Community Centre 10:00am-12noon (09) 833 6280 Rauti Community Centre Ladies craft & coffee 10:00am-12noon (09) 833 6280 Rauti Community Centre Ladies craft & coffee 474 Swenson Road 31 Michaels Angligant 474 Swenson Road Selvery - Henderson 9.45am-12.45pm Maggie (09) 817 5519 West Lyon Garlen & Butlerfly U3A Titirangi 47 Tuesday of month 10.00m Maggie (09) 817 5519 West Wave Recreation Centre 20 Alderman Drive, New Lyon S0+ Exercise 10:00am Rona (09) 810 9963 West Wave Recreation Centre 20 Alderman Drive, Henderson Antie C27 428 4894 annie faus/28156@gmail.com Stablerangi@gmail.com Stablerangi@gmail.com Arcbics 5:30pm Tuipulotu The Hub West 27 Corban Avenue - Free exercise class 5:30pm Tuipulotu The Hub West 27 Corban Avenue - Japicat avababilightefora or Houseson Ans (09) 477 7039 Green Bay - Free exercise class 5:30pm Sonia 021 183 5867 37 Hobosmville Road, Houseson - Ja		1.00	(00) 627 0002	
Ranui Community Centre 10:00am-12:00an (09) 833 6280 Ranui Community Centre - Ladies craft & ooffee 9:45am-12:45pm Audrey (09) 833 6380 St Michaels Anglican - Fun & Intendsrip 4* Tuesday of month 1:00pm Maggie (09) 817 5519 West Wave Recreation Centre 20 Audrey (09) 810 9963 West Wave Recreation Centre 20 Alderman Drive, Henderson 50+ Exercise 10:00am Rona (09) 810 9963 West Wave Recreation Centre 20 Aldervice 9:30am Annie 027 428 4894 Blockhouse Bay Community - Exercise Group 9:30am Annie 027 428 4894 Dividual wave Recreation Centre 20 Alderman Drive, Henderson Activ Achievers 9:30am Tuipulotu Tre Hub West 27 Cotan Avenue - Free excise class 5.30pm Tuipulotu Crite Avenue 20 Alderman Drive, Henderson - Dance 10:00am Kersie (09) 817 7099 Green Bay Green Bay - Fitness League 9:30am Soria 021 168 8667 Soria 021 168 8667 Soria 021 168 8667 - Dance 10:00am Val 021 070 5749 Te Atatu South Community Centre<				
: Ladies craft & coffne 474 Swarson Road Selwyn - Henderson 9:45am-12:45pm Audrey (09) 838 8380 St Michaels Anglican U3A Trirangi 4* Tuesday of month 1:00pm Maggie (09) 817 5519 West Lynn Gader & Butterfly West Lynn Gader & Butterfly West Lynn Gader & Butterfly West Lynn Gader & Butterfly S0+ Exercise 10:00am Rona (09) 810 9963 West Lynn Gader & Butterfly S0+ Exercise Group 9:30am Annie 027 428 4894 annetaus/28756@gmail.com Acto' Achievers 9:30am Annie 027 428 4894 annetaus/28756@gmail.com - Exercise Group 5:30pm Tuipulotu The Hub West Carban Arenue Areobics 5:30pm Tuipulotu anskatah@ghnoton.org Green Bay Subud Hal Piesty Feet 10:00am Xerry-Ann 027 474 5003 Subud Hal Subud Hal - Dance 9:30am Sonia 021 158 5867 Subud Community Centre Te Atabu South Community Centre Filesty Feet 10:00am Val 021 070 5749 Te Atabu South Community Centre Te Atabu South Community Centre Filesty Feet 10:00am Val 021 070 5749 Te Atabu South Community Centre Adder Greon Bay				
Selvoyn - Henderson 9:45am-12:45pm Audrey (09) 838 8380 St Michaels Anglican 425 Great North Road, Henderson VIA Triirangi 4 th Tuesday of month 1:00pm Maggie (09) 817 5519 West Lynn Garden & Butterfly House, 73 Parker Ave, New Lynn S0+ Exercise 10:00am Rona (09) 810 9963 West Mave Recreation Centre 20 Alderman Drive, Henderson Activ Achievers 9:30am Annie 027 428 4894 annelaus/28/15/6/6/gmail.com Blockhouse Bay Community Centre - Exercise 10:00am Q21 0233 2188 Tuipulotu To Cotan Avenue - Free exercise class 5:30pm Tuipulotu 27 (2023 2188 The Hub West 27 Corban Avenue - Free exercise class 9:00am-10:30am Ro (9) 817 7099 angle@mail.com Green Bay 27 (200am Subud Hal 29 Formby Rod, Point Chevalier - Danoe 9:30am Sonia 021 185 5867 Sozamdord@gmail.com Subud Hal 29 Formby Rod, Point Chevalier - Danoe 9:30am Sonia 021 185 5867 Sozamdord@gmail.com Subud Hal 29 Formby Rod, Point Chevalier - Panee 10:00am Val 021 070 5749 (9) 475 5215 var/dightman@gtra.co.n.z Stabud Hal 24 Formotin Road, Endert 24 Formotin Road, Endert 24 Formotin Road, Endert 24 Formotin Road, Endert 24 Formotin Road Flow 5:30pm	-	10.00am-12n00n	(09) 033 0200	
- Fun & Hiendship 42: Great Num Road, Henderson U3A Titirangi 4" Tuesday of month 1:00pm Maggie (09) 817 5519 Maggie (Jab. Itiliang/@gmail.com Vest Lynn Garden & Butterfly 50+ Exercise 10:00am Rona (09) 810 9963 West Wave Recreation Centre 20 Alderman Dire, Henderson Activ' Achievers 9:30am Annie 027 428 4894 annetaus28156@gmail.com West Wave Recreation Centre 20 Alderman Dire, Henderson Aerobics 5:30pm Tuipulotu annetaus28156@gmail.com The Hub West 27 Corban Avenue Hub/s Avenue Hub/s Avenue Pipulota valenta/@gthefono.org Ans 4 Yoga The Hub West 27 Corban Avenue Hub/s Road, Point Chevalier 27 Corban Avenue Hub/s Road, Point Chevalier 29:00am Soubul Hal 19 Formby Road, Point Chevalier 397 Hobsonville Road, Hobsonville - Dance 9:30am Soubul Hal 10:00am Soubul Hal 19 Formby Road, Point Chevalier 247 Edmonto Road reactise programme, easy evercise 10:00am Val 021 107 5749 (09) 475 5215 valvightmai@xtra.co.rz The Atatu South Community Centre 247 Edmonto Road reactise port Road, Glendene 247 Edmonto Road reactise port Readers Retirement 10:00am Sherylee (09) 851 0719 sor.rz Sherylee Road Road South Community Hub 82 Hepburn Road, Glendene Wulting for Sauth Road South Thrag, IS Sel PeaceChrive Henderson Flow 10:00am (09) 813 9348 Glendene Community Hub 82 Hepburm Road, Glend		0:15am_12:15pm	Audrey (09) 838 8380	
U3A Titirangi 4** Tuesday of month 1:00pm Maggie (u) 817 5519 Maggie u/3a.Mitrang/@gmail.com West Lynn Carden & Butterfly House, 73 Parker Ave, New Lynn 50+ Exercise 10:00am Rona (09) 810 9963 West Lynn Carden & Butterfly House, 73 Parker Ave, New Lynn 50+ Exercise 10:00am Rona (09) 810 9963 West Lynn Carden & Butterfly House, 73 Parker Ave, New Lynn Activ Achievers 9:30am Annie 027 428 4894 Blockhouse Bay Road - Free exercise class 5:30pm Tuipulotu 021 023 2188 Blockhouse Bay Road - Free exercise class 9:00am-10:30am Ans (09) 817 7099 Green Bay Filesty Feet 10:00am Kerry-Ann 027 447 45003 Subud Hal - Dance 9:30am Soia 021 158 5867 Sys Hobsonville Road, Hobsonville Filtness League exercise 9:30am Val 021 070 5749 Te Atatu South Community Centre 247 Edmonto Road Filtness League exercise 10:00am Val 021 070 5749 Te Atatu South Community Centre 247 Edmonto Road Filtness League exercise 10:15am Sherylee (09) 951 0719 5-7F Veronica Street Filtness League exercise 9:30am Silter Oras (09) 837 0512 Val 24 124 Edmonto Road Silter Dragons 10:45am		9.40am-12.40pm	Addrey (03) 000 0000	
month 1:00pm Maggie u3a bitrangi@gmail.com House, 73 Parker Ave, New Lynn Wednesday - Physical Activities 50+ Exercise 10:00am Rona (09) 810 9963 West Wave Recreation Centre 20 Alderman Drive, Henderson Activ Achievers - Exercise Group 9:30am Annie 027 428 4894 annetaus/28156@gmail.com Blockhouse Bay Community Centre Aerobics 5:30pm Tuipulota V21 0233 2188 Tuipulota, vakalahi@thefono.org The Hub West 27 Cohan Avenue Henderson As 4 Yoga 9:00am-10:30am Ans (09) 817 7099 angled@gmail.com Green Bay Fiesty Feet - Dance 10:00am Kerry-Ann 027 474 5003 yeg@rad. com ra. Subud Hal 19 Formty Noad, Point Chevalier 19 Formty Noad, Point Chevalier 9:00am Fitness League - Balanced exercise programme, easy exercise 9:30am Sonia 021 158 5867 Sozaardfort@gmail.com 397 Hobsonville Road, Hobsonville Fitow - Yoga, Tai Chi and Pilates 10:00am Val 021 070 5749 (09) 475 5215 valwightmar@xtra co.nz Fe Atatu South Community Centre 247 Edmonton Road Te Atatu Fitow - Yoga, Tai Chi and Pilates 5:30pm Sherylee (09) 937 10719 sherylee (09) 937 0512 valwightmar@xtra co.nz S-7F Veronica Street Sherylee (09) 937 0512 valwightmar@xtra co.nz Val 021 070 5749 (09) 837 9348 Glendene Community H		4 th Tuesday of	Maggie (09) 817 5519	
Wednesday - Physical Activities 50+ Exercise 10:00am Rona (09) 810 9963 West Wave Recreation Centre 20 Alderman Drive, Henderson Activ Achievers 9:30am Annie 027 428 4894 Blockhouse Bay Community Centre 528 Blockhouse Bay Road Aerobics 5:30pm Tuipulotu 021 0233 2188 Blockhouse Bay Road Ans 4 Yoga 9:00am-10:30am Ans (09) 817 7099 Blockhouse Bay Community Centre 528 Blockhouse Bay Road Fisety Feet 10:00am Kerry-Ann C27 474 5003 Subud Hal - Dance 9:30am Sonia 021 165 5627 397 Hobosnville Road, Peg/0rzdc.org.nz 397 Hobosnville Road, Peg/0rzdc.org.nz Fitness League 9:30am Sonia 021 165 5627 397 Hobosnville Road, Pescreise 397 Hobosnville Road, Pescreise Fitness League 10:00am Val 021 07 5749 Te Atatu South Community Centre 247 Edmonton Road - Balanced exercise programme, easy exercise 5:30pm Sherylee (09) 951 0719 5-77 Veronica Street - Board 10:00am (09) 813 9348 Glendene Community Hub 82 Hepotum Road, Glendene - Store Fit Waitakere Gardens 9:15am Alleen (09) 837 0512 New Lynn Silver D				
50+ Exercise 10:00am Rona (09) 810 9963 West Wave Recreation Centre 20 Alderman Drive, Henderson Activ Achievers - Exercise Group 9:30am Annie 027 428 4994 annetaus/28156@gmail.com Blockhouse Bay Community Centre 528 Blockhouse Bay Road Aerobics - Free exercise class 5:30pm Tuipulotu 021 023 2188 The Hub West 27 Corban Avenue Henderson Ans 4 Yoga 9:00am-10:30am Ans (09) 817 7099 ansjed/@gmail.com Green Bay Green Bay Filesty Feet - Dance 10:00am Kerry-Ann 027 474 5003 Social 021 158 5867 Subud Hal 19 Formy Road, Point Chevalier Filness League - Balanced exercise programme, easy exercise 9:30am Social 021 158 5867 Subud Hal 19 Formy Road, Point Chevalier Filness League - Balanced exercise programme, easy exercise 10:00am Val 021 070 5749 (09) 475 5215 valwightman@xtra co.nz Te Atatu South Community Centre 247 Edmoton Road Filow - Yoga, Tai Chi and Pilates 5:30pm Sherylee (log) 951 0719 sherylee (log) 951 0719 5-7F Veronica Street New Lynn Silver Dragons 10:45am Alleen (09) 837 0512 alleing@metilifecare.co.nz Silver Dragon Alleine Waitakere Gardens Reirement New Lynn 2 Claude Brooke Drive Henderson Silver Dragons 10:45am Taryn 027 424 7485 silverdragon.com				
Activ Achievers Exercise Group9:30amAnnie 027 428 4894 annetaus/28/156@gmail.com20 Alderman Drive, HendersonActivi Achievers Exercise Group9:30amAnnie 027 428 4894 annetaus/28/156@gmail.comBlockhouse Bay Community Centre 524 Blockhouse Bay RoadArobics - Free exercise class5:30pmTuipulotu 021 0233 2188 7 Upulota. vekatahi@thefono.orgThe Hub West 27 Corban Avenue HendersonAns 4 Yoga9:00am-10:30amAns (09) 817 7099 ansjedf@gmail.comGreen Bay ansjedf@gmail.comFilesty Feet - Dance10:00amKerry-Ann 027 474 5003 yeg@m.rdc.org.nzSubud Hal 19 Formby Road, Point Chevalier 19 Formby Road, Point Chevalier 19 Formby Road, Point Chevalier 247 Edmonton Road Te Atatu South Community Centre 247 Edmonton Road Te AtatuBalanced exercise programme, easy exercise10:00amVal 021 070 5749 (09) 475 5215 valwightman@xtra.co.nzTe Atatu South Community Centre 247 Edmonton Road Te AtatuFlow exercise10:00am(09) 813 9348Glendene Community Hub 82 Hepbum Road, Glendene Weithere GorupFlow exercise Group10:00am(09) 813 9348Glendene Community Hub 82 Hepbum Road, GlendeneKeep Fit Waitakere Gardens silver Dragons9:30am 10:05amAlieen (09) 837 0512 alienen(@gmailficeare.co.nzSilver Dragons10:45am-11:45am 10:05amTary 027 424 7485 silverdragons@crossfit reddragon.comCrossFit Red Dragon 44 Workspace Drive Tui Glen Reserve, HendersonTai Chi & Qigong 50+ - Beginners & intermediate10:15am 10:15amCrossFit Red Dragon 44 Worksp				
Activ Achievers - Exercise Group 9:30am Annie 027 428 4894 annetaus/28156@gmail.com Biochnouse Bay Community Centre 524 Blockhouse Bay Road Aerobics - Free exercise class 5:30pm Tuipulotu 021 023 2188 Tuipulota.vakatah@thefono.org The Hub West 27 Corban Avenue Henderson Corent 27 Corban Avenue Henderson Ans 4 Yoga 9:00am-10:30am Ans (90) 817 7099 ansjed@gmail.com Green Bay Sona 27 Corban Avenue Henderson Fiesty Feet - Dance 10:00am Kerry-Ann 027 474 5003 yep@nzdc.org.nz Sona 021 158 5867 397 Hobsonville Read, Hobsonville Sona 021 158 5867 397 Hobsonville Fitness League - Balanced exercise programme, easy exercise 10:00am Val 021 070 5749 year/26 2001 Te Atatu South Community Centre 247 Etomotion Road Te Atatu Flow - Sona 021 158 5867 - Balanced exercise programme, easy exercise 10:15am Sherylee.teoh@mpowritiness. co.nz Val 021 070 5749 gen/27 202 7749 gen/27 202 7485 gen/27 202 7485 gen/27 202 7485 gen/27 202 7485 gen/27 218 2654 Glendene Community Hub 82 Hepbur Road, Gendene Waitakere Gardens Silver Dragons 10:15am Alieen (09) 837 0512 alieen(mg/27 218 2054) gen/27 218 2054) CrossFit Red Dragon 44	50+ Exercise	10:00am	Rona (09) 810 9963	
- Exercise Group annetausi28156@gmail.com Certer 524 Blockhouse Bay Road Aerobics - Free exercise class 5:30pm Tuipulotu 021 0233 2188 72 Corban Avenue Ans 4 Yoga 9:00am-10:30am Ans (09) 817 7099 Green Bay Ans 2 Yoga 9:00am-10:30am Ans (00) 817 7099 Green Bay - Dance 10:00am Kerry-Ann (027 474 5003) Subud Hal - Dance 9:30am Sonia 021 158 5867 S37 Hobsonville Road, - Balanced exercise programme, easy 9:30am Sozandford@gmail.com Hobsonville Road, - Balanced exercise programme, easy 10:00am Val 021 070 5749 Te Atatu South Community Centre 247 Edmonton Road - Yoga, Tai Chi and Pilates 5:30pm Sherylee (09) 951 0719 Te Atatu New Lynn - Yoga, Tai Chi and Pilates 9:15am Alleen (09) 837 0512 Waitakere Gardens Siter Pile (09) 837 0512 - Silver Dragons 10:45am-11:45am Taryn 027 424 7485 CrossFit Red Dragon 10:45am-11:45am Tai Chi & Qigong 50+ 10:15am Quintin (09) 816 6849 Titrangi War Memorial Hall - Boginners & Intermediate 9:30am (09) 816 6849 Titrangi War Memorial Hall - Solacid Group 9:30am Silifer (09) 817 7228 CrossFit Red Dragon		0.00	A	
Aerobics5:30pmTuipulotu 021 0233 2188 Tuipulotu 021 0233 2188 Tuipulota vakalah@lthefone.org524 Blockhouse Bay RoadAns 4 Yoga9:00am-10:30amAns (09) 817 7099 ansjed@gmail.com27 Corba Avenue HendersonFiesty Feet - Dance10:00amKerry-Ann 027 474 5003 yep@nzdc.org nz19 Formby Road, Point Chevalier 97 Tobsonville Road, HobsonvilleFitness League - Balanced exercise programme, easy exercise9:30amSonia 021 158 5867 Sozandford@gmail.com397 Hobsonville Road, HobsonvilleFitness League - Balanced exercise programme, easy exercise10:00amVal 021 070 5749 Val 021 070 5749 Sozandford@gmail.comTe Atatu South Community Centre 247 Edmotno Road Te AtatuFlow - Yoga, Tai Chi and Pilates10:15am 5:30pmSherylee (09) 951 0719 sherylee.teoh@mpowrfitness. co.nzS-7F Veronica Street Waitakere Gardens Retiment alieen(09) 837 0512 alieen(09) 837 0512 alieeng@metlifecare.co.nzWaitakere Gardens Retiment Waitakere Gardens Retiment silver dragon.com2 Claude Brooke Drive HendersonNeuro Connection Stroke Class Bilver Dragons9:30am(09) 836 6830 admin@neuroconnection.org.nz2 Claude Brooke Drive HendersonTai Chi & Cigong 50+ - Beginners & intermediate9:30am(09) 631 5968 nord.exercise Bay community Read P3:30amShiriey (09) 817 728Bapist Church Hall CorosFit Red Dragon Ad Workspace Drive HodsconvilleTai Chi & Cigong 50+ - Beginners & intermediate9:30am(09) 631 5968 Nire (09) 817 1728Bapist Church Hall Bapist Church Hall Curk Workspace Drive Hobsconville <td></td> <td>9:30am</td> <td></td> <td></td>		9:30am		
Aerobics 5:30pm Tuipulotu 021 023 2188 Tuipulota vakalah@thefono.org The Hub West 27 Corban Avenue Ans 4 Yoga 9:00am-10:30am Ans (09) 817 7099 ansjedt@gmail.com Green Bay Filesty Feet 10:00am Kerry-Ann 027 474 5003 yep@nzdc.org.nz Subud Hal - Dance 9:30am Sonia 021 155 5867 Subud Hal - Balanced exercise programme, easy exercise 9:30am Sonia 021 155 5867 Subud Hal Fitness League 9:30am Sonia 021 155 5867 Subud Nal - Balanced exercise programme, easy exercise 10:00am Val 021 070 5749 Te Atatu South Community Centre 247 Edmonton Road Flow 10:15am Sherylee (b9) 910719 Sherylee (b9) 910719 Sherylee (b9) 910719 - Yoga, Tai Chi and Pilates 9:15am Alieen (09) 837 0512 Watakere Gardens Vero Connection Stroke Class 9:30am (09) 836 6830 2 Claude Brooke Drive Henderson Reuro Connection Stroke Class 9:30am (09) 836 6830 2 Claude Brooke Drive Henderson Silver Dragons 10:45am-11:45am Tary 027 424 7485 Green Reserve, Henderson Silver Bragons 10:45am-11:45am Sologan, 2009 816 8649 Titrangi War Memorial Hall </td <td>- Exercise Group</td> <td></td> <td>annetausi28156@gmail.com</td> <td></td>	- Exercise Group		annetausi28156@gmail.com	
- Free exercise class 021 0233 2188 Tubulata valabilightefono.org 27 Carban Avenue Henderson Ans 4 Yoga 9:00am-10:30am Ans (9) 817 7039 ansjedi@gmail.com 27 Carban Avenue Henderson Fiesty Feet 10:00am Kerry-Ann 027 474 5003 yeg@mztc.org.nz 19 Formby Road, Point Chevalier Fitness League 9:30am Sonia 021 158 5867 Sozsandford@gmail.com 397 Hobsonville Road, Hobsonville Fitness League 9:30am Sonia 021 158 5867 Sozsandford@gmail.com 397 Hobsonville Road, Hobsonville Fitness League 10:00am Val 021 070 5749 (09) 475 521 Te Atatu South Community Centre 247 Edmonton Road Fitness League 10:15am Sherylee (09) 951 0719 sherylee (09) 951 0719 sherylee teoh@mpowrfitness. co.nz 5-7F Veronica Street Flow 10:15am Sherylee (09) 931 0719 sherylee (09) 931 0719 sherylee teoh@mpowrfitness. co.nz Silendene Community Hub 82 Hepbum Road, Glendene Keep Fit Waitakere Gardens 9:15am Alleen (09) 837 0512 alleeng@metilifecare.co.nz Waitakere Gardens Retirement Willage, 15 Sel Peacock Drive Henderson Silver Dragons 10:45am-11:45am Taryn 027 424 7485 silverdragons@crossfit reddragon.com 2 Claude Brooke Drive Tui Glen Reserve, Henderson Tai Chi & Qigong 50+ - Beginners & Intermediate 9:30am Shirley (09) 817 7228 New Lynn Friendship House 3063 Great North Road Women on the Move 9:30am Shirle	Aarobiaa	5:20pm	Tuipulatu	
Tuipulota.vakalahi@thefono.orgHendersonAns 4 Yoga9:00am-10:30amAns (09) 817 7099Green BayFiesty Feet10:00amKerry-Ann 027 474 5003 yep@nzdc.org.nzSubud Hal 19 Formby Road, Point ChevalierFitness League9:30amSoizsandford@gmail.com397 Hobosnville Road, Hobosnville Road, Science Road, Hobosnville Road, Science Road, Hobosnville Road, Hobosnville Road, Hobosnville Road, Hobo		5:30pm		
Ans 4 Yoga 9:00am-10:30am Ans (09) 817 7099 ansjedf@gmail.com Green Bay Fiesty Feet 10:00am Kerry-Ann 027 474 5003 yep@nzdc.org.nz Subud Hal - Dance 9:30am Sonia 021 158 5867 Sozsandford@gmail.com 397 Hobsonville Road, Hobsonville Road Road Street North Road Street Road Referement Village, 15 Sel Peacock Drive Henderson Flow 10:15am Sherylee (09) 951 0719 Sherylee (teoh@mpowrfitness. co.nz S-TF Veronica Street New Lynn - Exercise Group 9:15am Aileen (09) 837 0512 aileeng@metlifecare.co.nz Waitakere Gardens Referement Village, 15 Sel Peacock Drive Ti Glen Reserve, Henderson Neuro Connection Stroke Class 9:30am (09) 836 6830 ailwer/tragons@crossfit red/ragon.com CrossFit Red Dragon 4/4 Workspace Drive Hobsonville Tai Chi & Qigong 50+ Beginners & intermediate 10:15am Shirtley (09) 817 7228 New Lynn Friendship House 3063 Great North Road Women on the Move	- riee exercise class			
Construction ansjedi@gmail.com Fiesty Feet 10:00am Kerry-Ann 027 474 5003 Subud Hal - Dance 19 Formby Road, Point Chevalier Sozia 021 158 5867 397 Hobsonville Road, Hobsonville Fitness League 9:30am Socia 021 158 5867 397 Hobsonville Additional construction of the second conservection of the seco	Ans 4 Yoga	0:00am 10:20am		
Fiesty Feet 10:00am Kerry-Ann 027 474 5003 yep@nzdc.org.nz Subud Hal 19 Formby Road, Point Chevalier Fitness League 9:30am Soina 021 158 5867 Soina 021 158 5867 397 Hobsonville Road, Hobsonville Joan Fitness League 9:30am Soina 021 158 5867 397 Hobsonville Road, Hobsonville Joan Fitness League 10:00am Val 021 070 5749 Te Atatu South Community Centre 247 Edmonton Road Te Atatu Flow 10:15am Sherylee (b0) 951 0719 5-7F Veronica Street New Lynn Power Stree 10:00am (09) 813 9348 Glendene Community Hub 82 Hepburn Road, Glendene Keep Fit Waitakere Gardens 9:15am Aileen (09) 837 0512 alleeng@metlifecare.co.nz Waitakere Cardens Retirement Village, 15 Sel Peacock Drive Henderson Neuro Connection Stroke Class 9:30am (09) 836 6830 almin@neuroconnection.org.nz 2 Claude Brooke Drive Tui Glen Reserve, Henderson Silver Dragons 10:45am-11:45am Taryn 027 424 7485 silverdragon.com CrossFit Red Dragon 4/4 Workspace Drive Hobsonville Tai Chi & Qigong 50+ 10:15am Quintin (09) 816 8649 Info.kempo@xtra.co.nz Silos South Titrangi Road Wednesday – Educational, Social, Special Interest, Support Group Activities New Lynn Friendship House 3063 Great North Road	Ans 4 roga	9:00am-10:30am		Green Bay
- Darice yep@nzdc.org.nz 19 Formby Road, Point Chevalier Fitness League 9:30am Sonia 021 158 5867 397 Hobsonville Road, Hobsonville - Balanced exercise programme, easy exercise 9:00am Val 021 070 5749 Te Atatu South Community Centre 247 Edmonton Road to any to the sercise Fitness League 10:00am Val 021 070 5749 Te Atatu South Community Centre 247 Edmonton Road to any to the sercise - Yoga, Tai Chi and Pilates 10:15am Sherylee (09) 951 0719 5-7F Veronica Street - Yoga, Tai Chi and Pilates 10:00am (0) 813 9348 Glendene Community Hub 82 Hepburn Road, Glendene - Exercise Group 10:00am (0) 830 6830 82 Hepburn Road, Glendene Keep Fit Waitakere Gardens 9:15am Alleen (09) 837 0512 Watakere Cardens Refirement Vilage, 15 Sel Peacock Drive Henderson Neuro Connection Stroke Class 9:30am (09) 836 6830 2 Claude Brooke Drive Tu Glen Reserve, Henderson Silver Dragons 10:45am-11:45am Taryn 027 424 7485 CrossFit Red Dragon 4/4 Workspace Drive Headerson Tai Chi & Qigong 50+ 9:30am Shirley (09) 816 8649 Titriangi War Memorial Hall 500 South Titrangi Road Boeknouse Bay Community Centre 9:30am Shirley (09) 817 7228 New L	Figsty Foot	10:00am		Subud Hal
Fitness League - Balanced exercise programme, easy exercise 9:30am Sonia 021 158 5867 Sozsandford@gmail.com 397 Hobsonville Road, Hobsonville Fitness League - Balanced exercise programme, easy exercise 10:00am Val 021 070 5749 (09) 475 5215 valwightman@xtra.co.nz Te Atatu South Community Centre 247 Edmonton Road te Atatu Flow - Yoga, Tai Chi and Pilates 10:15am 5:30pm Sherylee.(eol) 951 0719 sherylee.teoh@mpowrfitness. co.nz 5-7F Veronica Street New Lynn Glendene Walking Group - Exercise Group 10:00am (09) 813 9348 Glendene Community Hub 82 Hepburn Road, Glendene Keep Fit Waitakere Gardens 9:15am Aileen (09) 837 0512 aileen@@metilfecare.co.nz Waitakere Gardens Retirement Village, 15 Sel Peacock Drive Henderson Neuro Connection Stroke Class 9:30am 1:00pm (09) 836 6830 admim@neuroconnection.org.nz 2 Claude Brooke Drive Tui Glen Reserve, Henderson Silver Dragons 10:45am-11:45am 1:00pm Taryn 027 424 7485 silverdragon.com CrossFit Red Dragon 4/4 Workspace Drive Hobsonville Tai Chi & Qigong 50+ - Beginners & Intermediate 9:30am Quintin (09) 816 8649 Info.kempo@xtra.co.nz Titriangi War Memorial Hall Info.kempo@xtra.co.nz Vedtnesday – Educational, Social, Special Interest, Support Forup Activities Orn New North Road & Blockhouse Bay Road Baptist Church Hall Crive Worth Road & Blockhouse Bay Road Blockhouse	-	10.00411		
- Balanced exercise programme, easy exercise Sozsandford@gmail.com Hobsonville Fitness League - Balanced exercise programme, easy exercise 10:00am Val 021 070 5749 Te Atatu South Community Centre 247 Edmonton Road Te Atatu Flow - Stainced exercise programme, easy exercise 10:15am Sherylee (09) 951 0719 5-7F Veronica Street Flow - Yoga, Tai Chi and Pilates 5:30pm sherylee (09) 951 0719 5-7F Veronica Street Scozardig Group 10:00am (09) 813 9348 Glendene Community Hub 82 Hepburn Road, Glendene Exercise Group 9:15am Aileen (09) 837 0512 Waitakere Gardens Retirement Village, 15 Sel Peacock Drive Henderson 9:30am (09) 836 6830 2 Claude Brooke Drive Henderson Silver Dragons 10:45am-11:45am Taryn 027 424 7485 CrossFit Red Dragon 4/4 Workspace Drive Hobsonville Tai Chi & Qigong 50+ 10:15am Quintin (09) 816 8649 Titrangi War Memorial Hall - Beginners & intermediate 9:30am Quintin (09) 817 7228 New Lynn Friendship House 3063 Great North Road Women on the Move 9:30am SilverGragons@crossfit Red Dragon 4/4 Workspace Drive Hobsonville Titrangi War Memorial Hall - Beginners & intermediate 9:30am SilverGragons@crossfit Red Dragon		0.30am		
exercise Production Production Production Fitness League - Balanced exercise programme, easy exercise 10:00am Val 021 070 5749 (09) 475 5215 valwightman@xtra.co.nz Te Atatu South Community Centre 247 Edmonton Road Te Atatu Flow - Yoga, Tai Chi and Pilates 10:15am 5:30pm Sherylee (09) 951 0719 sherylee.teoh@mpowrfitness. co.nz 5-7F Veronica Street New Lynn Glendene Walking Group - Exercise Group 10:00am (09) 813 9348 Glendene Community Hub 82 Hepburn Road, Glendene Keep Fit Waitakere Gardens 9:15am Aileen (09) 837 0512 aileeng@metlifecare.co.nz Waitakere Gardens Retirement Village, 15 Sel Peacock Drive Henderson Neuro Connection Stroke Class 9:30am 1:00pm (09) 836 6830 admin@neuroconnection.org.nz 2 Claude Brooke Drive Henderson Silver Dragons 10:45am-11:45am 1:00pm Taryn 027 424 7485 silverdragon.com CrossFit Red Dragon 4/4 Workspace Drive Hobsonville Tai Chi & Qigong 50+ - Beginners & intermediate 10:15am Quintin (09) 816 8449 Info kempo@xtra.co.nz Titirangi War Memorial Hall 500 South Titirangi Road Wednesday – Educational, Social, Special Interest, Support Group Activities Social Group New Lynn Avondale Friendship Group - Social Group 9:30am-1:00pm (09) 631 5968 Marie 027 318 2654 Baptist Church Hall Crn New North Road & Blockhouse Bay Community Centr		9.30am		
Fitness League - Balanced exercise programme, easy exercise 10:00am Val 021 070 5749 (09) 475 5215 valwightman@xtra.co.nz Te Atatu South Community Centre 247 Edmonton Road Te Atatu Flow - Yoga, Tai Chi and Pilates 10:15am Sherylee (09) 951 0719 sherylee.teoh@mpowrfitness. co.nz 5-7F Veronica Street New Lynn Glendene Walking Group - Exercise Group 10:00am (09) 813 9348 Glendene Community Hub 82 Hepbum Road, Glendene Keep Fit Waitakere Gardens 9:15am Aileen (09) 837 0512 alleeng@metlifecare.co.nz Waitakere Gardens Retirement Village, 15 Sel Peacock Drive Henderson Neuro Connection Stroke Class 9:30am (09) 836 6830 admin@neurcconnection.org.nz CrossFit Red Dragon 4/4 Workspace Drive Henderson Silver Dragons 10:45am-11:45am Taryn 027 424 7485 silverdragon.com CrossFit Red Dragon 4/4 Workspace Drive Hebosonville Tai Chi & Qigong 50+ - Beginners & intermediate 10:15am Quintin (09) 816 8649 Info.kempo@xtra.co.nz Titirangi War Memorial Hall 500 South Titirangi Road Women on the Move 9:30am Shirley (09) 817 7228 New Lynn Friendship House 3063 Great North Road & Blockhouse Bay Community Centre - <i>Embroidery</i> 9:30am-1:00pm (09) 631 5968 Marie 027 318 2654 Baptist Church Hall Crn New North Road & Blockhouse Bay Community Centre Blockhouse Bay Community Centre Blockhouse Bay Community Centre			Sozsandioru@gmail.com	TIODSOTVILE
- Balanced exercise programme, easy exercise (09) 475 5215 valwightman@ytra.co.nz 247 Edmonton Road Te Atau Flow 10:15am Sherylee (09) 951 0719 sherylee.teoh@mpowrfitness. co.nz 5-7F Veronica Street Glendene Walking Group 10:00am (09) 813 9348 Glendene Community Hub 82 Hepburn Road, Glendene Exercise Group 10:00am (09) 813 9348 Glendene Community Hub 82 Hepburn Road, Glendene Keep Fit Waitakere Gardens 9:15am Aileen (09) 837 0512 alieeng@metlifecare.co.nz Waitakere Gardens Retirement Village, 15 Sel Peacock Drive Henderson Neuro Connection Stroke Class 9:30am (09) 836 6830 admin@neuroconnection.org.nz 2 Claude Brooke Drive Tui Glen Reserve, Henderson Silver Dragons 10:45am-11:45am Taryn 027 424 7485 silverdragons@crossfit reddragon.com CrossFit Red Dragon 4/4 Workspace Drive Hobsonville Tai Chi & Qigong 50+ 10:15am Quintin (09) 816 8649 Titrangi War Memorial Hall 500 South Titirangi Road Beginners & intermediate 9:30am Shirley (09) 817 7228 New Lynn Friendship House 3063 Great North Road Wednesday – Educational, Social, Special Interest, Support Group Activities Social Group Baptist Church Hall Cri New North Road & Blockhouse Bay Road Slockhouse Bay Community Centre 10:00am-12noon Pat (09) 818 4286		10:00am	Val 021 070 5749	Te Atatu South Community Centre
exercisevalwightman@xtra.co.nzTe AtatuFlow10:15amSherylee (09) 951 0719 sherylee (09) 951 0719 sherylee.teoh@mpowrfitness. co.nz5:7F Veronica Street New LynnGlendene Walking Group - Exercise Group10:00am(09) 813 9348Glendene Community Hub 82 Hepburn Road, GlendeneKeep Fit Waitakere Gardens9:15amAileen (09) 837 0512 alieeng@metlifecare.co.nzWaitakere Gardens Retirement Village, 15 Sel Peacock Drive HendersonNeuro Connection Stroke Class9:30am 1:00pm(09) 836 6830 admin@neuroconnection.org.nz2 Claude Brooke Drive Tui Glen Reserve, HendersonSilver Dragons10:45am-11:45amTaryn 027 424 7485 silverdragon.comCrossFit Red Dragon 4/4 Workspace Drive HobsonvilleTai Chi & Qigong 50+ - Beginners & intermediate10:15amQuintin (09) 816 8649 Info.kempo@xtra.co.nzTitirangi War Memorial Hall 500 South Titirangi RoadWomen on the Move9:30amShirley (09) 817 7228New Lynn Friendship House 3063 Great North RoadWednesday - Educational, Social, Special Interest, SupportGroup Activities Baptist Church Hall Crn New North Road & Blockhouse Bay Community Centre - Embroidery9:30am-1:00pmPat (09) 818 4286 Mrs BreekveltPat (09) 818 4286 Mrs BreekveltBaptist Church Hall Centre 524 Blockhouse Bay Road	•	10.00011		
Flow - Yoga, Tai Chi and Pilates 10:15am 5:30pm Sherylee (09) 951 0719 sherylee.teoh@mpowrfitness. co.nz 5-7F Veronica Street New Lynn Glendene Walking Group - Exercise Group 10:00am (09) 813 9348 Glendene Community Hub 82 Hepburn Road, Glendene Keep Fit Waitakere Gardens 9:15am Aileen (09) 837 0512 aileeng@metlifecare.co.nz Waitakere Gardens Retirement Village, 15 Sel Peacock Drive Henderson Neuro Connection Stroke Class 9:30am 1:00pm (09) 836 6830 admim@neuroconnection.org.nz 2 Claude Brooke Drive Tui Glen Reserve, Henderson Silver Dragons 10:45am-11:45am 1:00pm Taryn 027 424 7485 silverdragon.com CrossFit Red Dragon 4/4 Workspace Drive Hobsonville Tai Chi & Qigong 50+ - Beginners & intermediate 10:15am Quintin (09) 816 8649 Info.kempo@xtra.co.nz Titirangi War Memorial Hall 500 South Titirangi Road Women on the Move 9:30am Shirley (09) 817 7228 New Lynn Friendship House 3063 Great North Road Kednesday – Educational, Social, Special Interest, Support Group Activities Baptist Church Hall Crn New North Road & Blockhouse Bay Community Centre - Embroidery 9:30am-1:00pm (09) 631 5968 Marie 027 318 2654 Baptist Church Hall Crn New North Road & Blockhouse Bay Community Centre				
- Yoga, Tai Chi and Pilates 5:30pm sherylee.teoh@mpowrfitness. co.nz New Lynn Glendene Walking Group - Exercise Group 10:00am (09) 813 9348 Glendene Community Hub 82 Hepburn Road, Glendene Keep Fit Waitakere Gardens 9:15am Aileen (09) 837 0512 aileeng@metilifecare.co.nz Waitakere Gardens Retirement Village, 15 Sel Peacock Drive Henderson Neuro Connection Stroke Class 9:30am (09) 836 6830 admin@neuroconnection.org.nz 2 Claude Brooke Drive Tui Glen Reserve, Henderson Silver Dragons 10:45am-11:45am Taryn 027 424 7485 silverdragon.com CrossFit Red Dragon 4/4 Workspace Drive Hobsonville Tai Chi & Qigong 50+ - Beginners & intermediate 10:15am Quintin (09) 816 8649 Info.kempo@xtra.co.nz Titirangi War Memorial Hall 500 South Titirangi Road Women on the Move 9:30am Shirley (09) 817 7228 Baptist Church Hall Crr New Lynn Friendship House 3063 Great North Road Avondale Friendship Group - Social Group 9:30am-1:00pm (09) 631 5968 Marie 027 318 2654 Baptist Church Hall Crr New North Road & Blockhouse Bay Community Centre - Embroidery Blockhouse Bay Community Centre Blockhouse Bay Road		10:15am		
Co.nzGlendene Walking Group - Exercise Group10:00am(09) 813 9348Glendene Community Hub 82 Hepburn Road, GlendeneKeep Fit Waitakere Gardens9:15amAileen (09) 837 0512 alleeng@metlifecare.co.nzWaitakere Gardens Retirement Village, 15 Sel Peacok Drive HendersonNeuro Connection Stroke Class9:30am 1:00pm(09) 836 6830 admin@neuroconnection.org.nz2 Claude Brooke Drive Tui Glen Reserve, HendersonSilver Dragons10:45am-11:45amTaryn 027 424 7485 silverdragons@crossfit reddragon.comCrossFit Red Dragon 4/4 Workspace Drive HobsonvilleTai Chi & Qigong 50+ - Beginners & intermediate10:15amQuintin (09) 816 8649 Info.kempo@xtra.co.nzTitirangi War Memorial Hall 500 South Titirangi RoadWomen on the Move9:30amShirley (09) 817 7228New Lynn Friendship House 3063 Great North RoadExcise Group9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Crn New North Road & Blockhouse Bay Community Centre 10:00am-12noon House-s24 Blockhouse Bay Community Centre - Embroidery10:00am-12noon 11:45am-2:45pmPat (09) 818 4286 Mrs BreekveltBlockhouse Bay Road	-			
- Exercise Group 82 Hepburn Road, Glendene Keep Fit Waitakere Gardens 9:15am Aileen (09) 837 0512 aileeng@metlifecare.co.nz Waitakere Gardens Retirement Village, 15 Sel Peacock Drive Henderson Neuro Connection Stroke Class 9:30am (09) 836 6830 admin@neuroconnection.org.nz 2 Claude Brooke Drive Tui Glen Reserve, Henderson Silver Dragons 10:45am-11:45am Taryn 027 424 7485 silverdragon.com CrossFit Red Dragon 4/4 Workspace Drive Hobsonville Tai Chi & Qigong 50+ 10:15am Quintin (09) 816 8649 Info.kempo@xtra.co.nz Titirangi War Memorial Hall 500 South Titirangi Road Women on the Move 9:30am Shirley (09) 817 7228 New Lynn Friendship House 3063 Great North Road Wednesday – Educational, Social, Special Interest, Support Group Activities Baptist Church Hall Crr New North Road & Blockhouse Bay Community Centre - Embroidery 9:30am-1:00pm (09) 631 5968 Marie 027 318 2654 Baptist Church Hall Crr New North Road & Blockhouse Bay Community Centre Blockhouse Bay Community Centre - Embroidery 10:00am-12noon 11:45am-2:45pm Pat (09) 818 4286 Mrs Breekvelt Blockhouse Bay Community Centre				
Keep Fit Waitakere Gardens9:15amAileen (09) 837 0512 aileeng@metilifecare.co.nzWaitakere Gardens Retirement Village, 15 Sel Peacock Drive HendersonNeuro Connection Stroke Class9:30am 1:00pm(09) 836 6830 admin@neuroconnection.org.nz2 Claude Brooke Drive Tui Glen Reserve, HendersonSilver Dragons10:45am-11:45amTaryn 027 424 7485 silverdragons@crossfit reddragon.comCrossFit Red Dragon 4/4 Workspace Drive HobsonvilleTai Chi & Qigong 50+ - Beginners & intermediate10:15amQuintin (09) 816 8649 Info.kempo@xtra.co.nzTitirangi War Memorial Hall 500 South Titirangi RoadWomen on the Move9:30amShirley (09) 817 7228New Lynn Friendship House 3063 Great North RoadWednesday – Educational, Social, Special Interest, Support Group Activities9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Cnr New North Road & Blockhouse Bay Community Centre - EmbroideryDi:00am-12noon 11:45am-2:45pmPat (09) 818 4286 Mrs BreekveltBlockhouse Bay Community Centre 524 Blockhouse Bay Road	Glendene Walking Group	10:00am	(09) 813 9348	Glendene Community Hub
Neuro Connection Stroke Class9:30am 1:00pm(09) 836 6830 admin@neuroconnection.org.nz2 Claude Brooke Drive Tui Glen Reserve, HendersonSilver Dragons10:45am-11:45amTaryn 027 424 7485 silverdragons@crossfit reddragon.comCrossFit Red Dragon 4/4 Workspace Drive HobsonvilleTai Chi & Qigong 50+ - Beginners & intermediate10:15amQuintin (09) 816 8649 Info.kempo@xtra.co.nzTitirangi War Memorial Hall 500 South Titirangi RoadWomen on the Move9:30amShirley (09) 817 7228New Lynn Friendship House 3063 Great North RoadAvondale Friendship Group - Social Group9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Crn New North Road & Blockhouse Bay Community Centre 10:00am-12noon 11:45am-2:45pmPat (09) 818 4286 Mrs BreekveltBaptist Church Ball Centre 524 Blockhouse Bay Road	- Exercise Group			82 Hepburn Road, Glendene
Neuro Connection Stroke Class9:30am 1:00pm(09) 836 6830 admin@neuroconnection.org.nz2 Claude Brooke Drive Tui Glen Reserve, HendersonSilver Dragons10:45am-11:45amTaryn 027 424 7485 silverdragons@crossfit reddragon.comCrossFit Red Dragon 4/4 Workspace Drive HobsonvilleTai Chi & Qigong 50+ - Beginners & intermediate10:15amQuintin (09) 816 8649 Info.kempo@xtra.co.nzTitirangi War Memorial Hall 500 South Titirangi RoadWomen on the Move9:30amShirley (09) 817 7228New Lynn Friendship House 3063 Great North RoadAvondale Friendship Group - Social Group9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Crn New North Road & Blockhouse Bay Community Centre 10:00am-12noon 11:45am-2:45pmPat (09) 818 4286 Mrs BreekveltBaptist Church Ball Centre 524 Blockhouse Bay Road	Keep Fit Waitakere Gardens	9:15am		Waitakere Gardens Retirement
Neuro Connection Stroke Class9:30am 1:00pm(09) 836 6830 admin@neuroconnection.org.nz2 Claude Brooke Drive Tui Glen Reserve, HendersonSilver Dragons10:45am-11:45amTaryn 027 424 7485 silverdragons@crossfit reddragon.comCrossFit Red Dragon 4/4 Workspace Drive HobsonvilleTai Chi & Qigong 50+ - Beginners & intermediate10:15amQuintin (09) 816 8649 Info.kempo@xtra.co.nzTitirangi War Memorial Hall 500 South Titirangi RoadWomen on the Move9:30amShirley (09) 817 7228New Lynn Friendship House 3063 Great North RoadAvondale Friendship Group - Social Group9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Crn New North Road & Blockhouse Bay Community Centre - EmbroideryPat (09) 818 4286 Mrs BreekveltBaptist Church Hall Centre 524 Blockhouse Bay Road			aileeng@metlifecare.co.nz	
1:00pmadmin@neuroconnection.org.nzTui Glen Reserve, HendersonSilver Dragons10:45am-11:45amTaryn 027 424 7485 silverdragons@crossfit reddragon.comCrossFit Red Dragon 4/4 Workspace Drive HobsonvilleTai Chi & Qigong 50+ - Beginners & intermediate10:15amQuintin (09) 816 8649 Info.kempo@xtra.co.nzTitirangi War Memorial Hall 500 South Titirangi RoadWomen on the Move9:30amShirley (09) 817 7228New Lynn Friendship House 3063 Great North RoadWednesday – Educational, Social, Special Interest, Support Group ActivitiesAvondale Friendship Group - Social Group9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Cnr New North Road & Blockhouse Bay Community Centre - Embroidery10:00am-12noon 11:45am-2:45pmBat (09) 818 4286 Mrs BreekveltBlockhouse Bay Community Centre 524 Blockhouse Bay Road				
Silver Dragons10:45am-11:45amTaryn 027 424 7485 silverdragons@crossfit reddragon.comCrossFit Red Dragon 4/4 Workspace Drive HobsonvilleTai Chi & Qigong 50+ - Beginners & intermediate10:15amQuintin (09) 816 8649 Info.kempo@xtra.co.nzTitirangi War Memorial Hall 500 South Titirangi RoadWomen on the Move9:30amShirley (09) 817 7228New Lynn Friendship House 3063 Great North RoadWednesday – Educational, Social, Special Interest, Support Group ActivitiesBaptist Church Hall Cri New North Road & Blockhouse Bay Community Centre 10:00am-12noon 11:45am-2:45pm(09) 818 4286 Mrs BreekveltBaptist Church Bay Community Centre 524 Blockhouse Bay Road	Neuro Connection Stroke Class			
Silverdragons@crossfit reddragon.com4/4 Workspace Drive HobsonvilleTai Chi & Qigong 50+ - Beginners & intermediate10:15amQuintin (09) 816 8649 Info.kempo@xtra.co.nzTitirangi War Memorial Hall 500 South Titirangi RoadWomen on the Move9:30amShirley (09) 817 7228New Lynn Friendship House 3063 Great North RoadWednesday – Educational, Social, Special Interest, Support Group ActivitiesAvondale Friendship Group - Social Group9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Cnr New North Road & Blockhouse Bay Community Centre - EmbroideryBlockhouse Bay Community Centre - Embroidery10:00am-12noon 11:45am-2:45pmPat (09) 818 4286 Mrs BreekveltBlockhouse Bay Community Centre 524 Blockhouse Bay Road		1:00pm	admin@neuroconnection.org.nz	Tui Glen Reserve, Henderson
Silverdragons@crossfit reddragon.com4/4 Workspace Drive HobsonvilleTai Chi & Qigong 50+ - Beginners & intermediate10:15amQuintin (09) 816 8649 Info.kempo@xtra.co.nzTitirangi War Memorial Hall 500 South Titirangi RoadWomen on the Move9:30amShirley (09) 817 7228New Lynn Friendship House 3063 Great North RoadWednesday – Educational, Social, Special Interest, Support Group ActivitiesAvondale Friendship Group - Social Group9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Cnr New North Road & Blockhouse Bay Community Centre - EmbroideryBlockhouse Bay Community Centre - Embroidery10:00am-12noon 11:45am-2:45pmPat (09) 818 4286 Mrs BreekveltBlockhouse Bay Community Centre 524 Blockhouse Bay Road	Silver Dragons	10:45am-11:45am	Tarvn 027 424 7485	CrossFit Red Dragon
Tai Chi & Qigong 50+ - Beginners & intermediate10:15amQuintin (09) 816 8649 Info.kempo@xtra.co.nzTitirangi War Memorial Hall 500 South Titirangi RoadWomen on the Move9:30amShirley (09) 817 7228New Lynn Friendship House 3063 Great North RoadWednesday – Educational, Social, Special Interest, Support Group ActivitiesAvondale Friendship Group - Social Group9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Cnr New North Road & Blockhouse Bay Community Centre - Embroidery - Women's InstituteBiockhouse Town and the fourthy and the state of the s				
Tai Chi & Qigong 50+ - Beginners & intermediate10:15amQuintin (09) 816 8649 Info.kempo@xtra.co.nzTitirangi War Memorial Hall 500 South Titirangi RoadWomen on the Move9:30amShirley (09) 817 7228New Lynn Friendship House 3063 Great North RoadWednesday – Educational, Social, Special Interest, Support Group ActivitiesAvondale Friendship Group - Social Group9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Cnr New North Road & Blockhouse Bay Community Centre - Embroidery9:30am-1:00pmCommunity Centre Pat (09) 818 4286 Mrs BreekveltBlockhouse Bay Community Centre 524 Blockhouse Bay Road				
- Beginners & intermediateInfo.kempo@xtra.co.nz500 South Titirangi RoadWomen on the Move9:30amShirley (09) 817 7228New Lynn Friendship House 3063 Great North RoadWednesday – Educational, Social, Special Interest, Support Group ActivitiesAvondale Friendship Group - Social Group9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Cnr New North Road & Blockhouse Bay Community Centre - Embroidery - Women's InstituteBiockhouse Bay Community 11:45am-2:45pmPat (09) 818 4286 Mrs BreekveltBlockhouse Bay Road	Tai Chi & Qigong 50+	10:15am		Titirangi War Memorial Hall
Avondale Friendship Group - Social Group9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Cnr New North Road & Blockhouse Bay Community Centre - EmbroideryBiockhouse Bay Community Centre 10:00am-12noon 11:45am-2:45pmPat (09) 818 4286 Mrs BreekveltBlockhouse Bay Community Centre 524 Blockhouse Bay Road				•
Wednesday – Educational, Social, Special Interest, Support Group ActivitiesAvondale Friendship Group - Social Group9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Cnr New North Road & Blockhouse Bay RoadBlockhouse Bay Community Centre - Embroidery - Women's Institute10:00am-12noon 11:45am-2:45pmPat (09) 818 4286 Mrs BreekveltBlockhouse Bay Road		9:30am		New Lynn Friendship House
Avondale Friendship Group - Social Group9:30am-1:00pm(09) 631 5968 Marie 027 318 2654Baptist Church Hall Cnr New North Road & Blockhouse Bay RoadBlockhouse Bay Community Centre - Embroidery - Women's Institute10:00am-12noon 11:45am-2:45pmPat (09) 818 4286 Mrs BreekveltBlockhouse Bay Community Centre 524 Blockhouse Bay Road				3063 Great North Road
- Social GroupMarie 027 318 2654Cnr New North Road & Blockhouse Bay RoadBlockhouse Bay Community Centre - Embroidery10:00am-12noon 11:45am-2:45pmPat (09) 818 4286 Mrs BreekveltBlockhouse Bay Community Centre 524 Blockhouse Bay Road	Wednesday – Educ	ational, Social, S	Special Interest, Support	Group Activities
- Social GroupMarie 027 318 2654Cnr New North Road & Blockhouse Bay RoadBlockhouse Bay Community Centre - Embroidery10:00am-12noon 11:45am-2:45pmPat (09) 818 4286 Mrs BreekveltBlockhouse Bay Community Centre 524 Blockhouse Bay Road	Avondale Friendship Group	9:30am-1:00pm	(09) 631 5968	Baptist Church Hall
Blockhouse Bay Community CentreBlockhouse Bay Community- Embroidery10:00am-12noon- Women's Institute11:45am-2:45pmMrs Breekvelt524 Blockhouse Bay Road	· · ·	- r-		
Blockhouse Bay Community CentreBlockhouse Bay Community- Embroidery10:00am-12noonPat (09) 818 4286Blockhouse Bay Community- Women's Institute11:45am-2:45pmMrs Breekvelt524 Blockhouse Bay Road	'			
- Embroidery10:00am-12noonPat (09) 818 4286Centre- Women's Institute11:45am-2:45pmMrs Breekvelt524 Blockhouse Bay Road	Blockhouse Bay Community Centre			
- Women's Institute 11:45am-2:45pm Mrs Breekvelt 524 Blockhouse Bay Road	-	10:00am-12noon	Pat (09) 818 4286	
	- Women's Institute	11:45am-2:45pm	Mrs Breekvelt	
(09) 627 3402 Blockhouse Bay			(09) 627 3402	Blockhouse Bay

- Rummikub & Cards	12:45pm-3:00pm	(09) 626 4980	
Cosy Club	10:00am	(09) 813 9670	Kelston Community Hub,
- Social Group, play Bingo		manager.kelstonhub@gmail.com	68 St Leonards Road, Kelston
Green Bay Community House		(09) 827 3300	1 Barron Drive
- Knitting and Crochet Group	9:30am-11:30am		Green Bay
- Creative coloring	9:30am-11:30am		
Ranui Community Centre	9:00am-11:00am	(09) 833 6280	Ranui Community Centre
- ESOL classes	40.00 40	E : 1 (00) 000 0040	474 Swanson Road
Selwyn - Glen Eden	10:00am-12noon	Enid (09) 833 8813	St Andrews Anglican Hall
- Fun & friendship			10 Clayburn Road, Glen Eden
	Thursday - F	Physical Activities	
Activate	5:45pm	Sherylee 021 772 163	New Lynn Community Centre
		Sherylee.teoh@mpowrfitness.	46 Totara Ave
		co.nz	New Lynn
Aerobics	5:00pm-6:00pm	Tuipulotu	Kelston Community Centre
- Free exercise class		021 0233 2188	135 Awaroa Road
	0.00 10.00	Tuipulota.vakalahi@thefono.org	Sunnyvale
Ans 4 Yoga	9:00am-10:30am	Ans (09) 817 7099	Green Bay
	40.00	ansjeoli@gmail.com	Truck Anna O
Exercise for Parkinson's	10:30am	Rachel 027 520 6260	Trusts Arena Gym
- Exercise for people with Parkinson's		Rachel.turner@parkinsons.org.nz	95-67 Central Park Drive
disease Flow	1:20pm 5:20pm	Shandaa (00) 051 0710	Henderson 5-7F Veronica Street
- Yoga, Tai Chi and Pilates	4:30pm-5:30pm	Sherylee (09) 951 0719 sherylee.teoh@mpowrfitness.	New Lynn
- Toga, Tai Oni and Thates		co.nz	
Matua Pasifika	10:00am	Yandall 021 555 488	Kelston Community Centre
-Pan Pacific older adults group,		Yandall.tuigamala@thefono.org	135 Awaroa Road, Sunnyvale
physical activity with a Pacific flavor,			
Pacific craft making and refreshments			
Neuro Connection Stroke Class	9:30am	(09) 836 6830	2 Claude Brooke Drive
		admin@neuroconnection.org.nz	Tui Glen Reserve, Henderson
Thursday – Educa	tional, Social, S	pecial Interest, Support G	Group Activities
Blockhouse Bay Community Centre	12:30pm-2:30pm	Dawn (09) 817 2405	Blockhouse Bay Community
- Green Bay Choir			Centre
2			524 Blockhouse Bay Road
Friendship Group	10:00am-12noon	(09) 813 9348	Glendene Community Hub
- Social Group, games, knitting or			82 Hepburn Road
gardening	40.00.0.00	(00) 007 0000	Glendene
Green Bay Community House	12:30-3:00pm	(09) 827 3300	1 Barron Drive
- Mah Jong	10.00 cm 0.00 cm	Coni 001 005 70507	Green Bay
Matua Pasifika Wellness Group	10:00am-2:00pm	Sani 021 025 70507	Kelston Community Centre
- Social & Exercise Group Ranui Community Centre	9:30am-12noon	mrsfaautu1947@gmail.com (09) 833 6280	135 Awaroa Road, Sunnyvale Ranui Community Centre
- Ranui Quilters	3.30a11-12110011		474 Swanson Road
	Friday - Ph	ysical Activities	
Aerobics	5:00pm-6:00pm	Tuipulotu 021 0233 2188	Kelston Community Centre
- Free exercise class		Tuipulota.vakalahi@thefono.org	135 Awaroa Road, Sunnyvale
Aerobics	5:30pm	Tuipulotu	Alternates between Te Atatu
- Free exercise class		021 0233 2188	South Community Centre &
		Tuipulota.vakalahi	Te Atatu Peninsula Community
	40.00	@thefono.org	Centre. Contact for details
Auga Aute	10:30am	(09) 905 6321	Nafanua Hall
- Samoan Social & Exercise Group			45 Rosebank Road, Avondale

Feel Good @ The Hub	10:00am	(09) 813 9348	Glendene Community Hub	
- Massage sessions	10.00011		82 Hepburn Road, Glendene	
Flow	10:15am	Sherylee (09) 951 0719	5-7F Veronica Street	
- Yoga, Tai Chi & Pilates	6:00pm	sherylee.teoh@mpowrfitness. co.nz	New Lynn	
Low Impact Aerobics	9:00am	Annie 027 428 4894	Blockhouse Bay Community	
- Exercise Group		annetausi28156	Centre	
		@gmail.com	524 Blockhouse Bay Road	
Neuro Connection Stroke Class	9:30am	(09) 836 6830	2 Claude Brooke Drive	
		admin@neuroconnection. org.nz	Tui Glen Reserve	
Seniors Dance	10:00am	Sue 021 206 1835	Henderson	
Seniors Dance	10.00am	Sue 021 200 1055 Sue.macrae	New Lynn Scout Hall 37 Margan Avenue	
		@seniors dance.nz	or Margan Avenue	
Silver Dragons	10:45am-11:45am	Taryn 027 424 7485	CrossFit Red Dragon	
		silverdragons@crossfit	4/4 Workspace Drive	
		reddragon.com	Hobsonville	
Women's Yoga & Meditation	9:15am-10:15am	(09) 813 9348	Glendene Community Hub 82 Hepburn Road, Glendene	
Woman's Yoga	9:15am	Naseem 021 806 552	Glendene Community Centre	
- Hatha style		nasreenfih@yahoo.co.nz	82 Hepburn Road, Glendene	
Friday – Educati	onal, Social, Spe	cial Interest, Support Gr	oup Activities	
A Better Chance Charitable Trust	1:30pm-4:30pm	(09) 828 8333	2163 Great North Road	
- Chinese Social Group		info@abetterchancetrust.org.nz	Avondale	
Anapekapeka Niue Seniors Group	10:30am-2:30pm	(09) 813 9348	Glendene Community Hub	
- Niuean Social Group			82 Hepburn Road, Glendene	
Blockhouse Bay Probus	2 nd Friday of month	(09) 828 8141	Blockhouse Bay Community	
	10:00am		Centre 524 Blockhouse Bay Road	
Crafting for Fun	9:30am-12noon		Avondale Community Centre	
- Arts & crafts	0.000411 1210011		99 Rosebank Road, Avondale	
Glen Eden Combined Probus	4th Friday of month	(09) 838 5857	Ceramco Function Centre	
	10:00am		120 Glendale Road, Glen Eden	
Henderson Ladies Probus	3 rd Friday of month	Jill 021 203 4779	Kelston Community Centre	
	10:00am	D 1 (00) 000 5075	135 Awaroa Road, Sunnyvale	
Ladies Probus Group - Avondale	4 th Friday of month	Beryl (09) 626 5675	Avondale Baptist Church	
New Lynn Men's Probus	10:00am 2 nd Friday of	027 477 5080	1288 New North Road, Avondale New Lynn Friendship Club	
New Lynn Men's Flobus	month	021 411 3000	3063 Great North Road	
	9:45am		New Lynn	
Seniors at the Bay	9:30am-12:30pm	Claire (09) 627 8779	Church of the Saviour	
- Morning drop-in, morning tea &			2 Heaphy Street	
activities			Blockhouse Bay	
Te Atatu Ladies Probus	2 nd Friday of	Olwyn (09) 834 5276	St Johns Hall	
	month		247 Edmonton Road	
Waitakere Ladies Probus	9:45am 1 st Friday of month		Te Atatu South St Johns Hall	
Traitanci e Lauico FIUNUO	10:00am-12noon		247 Edmonton Road	
			Te Atatu South	
	Saturday - P	hysical Activities		
Activate	8:45am	Sherylee 021 772 163	Kelston Community Centre	
	5. 100m	Sherylee.teoh@mpowrfitness.	135 Awaroa Road	
		co.nz	Sunnyvale	
Niutupuola Health Trust Community	8:30am	Mata 021 906 656	The Hub	
Class		(09) 905 6321	29 Corban Ave	
		Mata.kapiti@thefono.org	Henderson	
		Mata.kapiti@thefono.org	Henderson	

Yoga with Uma - Yoga	8:30am	021 584 405	Avondale Community Centre 99 Rosebank Road, Avondale			
Whau Walking Samoans - Exercise Group	8:00am-9:00am	Tulitao 021 02597949	Great North Road, Avondale- meet by the Spider statue in the Avondale Town Centre			
Saturday – Educa	Saturday – Educational, Social, Special Interest, Support Group Activities					
Ranui Community Centre - Ranui Quilters	1 st Saturday of month	(09) 833 6280	Ranui Community Centre 474 Swanson Road			
West Auckland 60's Up Movement - Meeting, speaker, entertainment	4 th Saturday of (09) 827 4322 month 10:30am		New Lynn Friendship Club 3063 Great North Road			
Sunday - Educational, Social, Special Interest, Support Group Activities						
Green Bay Community House - Knitting & Crochet Group for Charity	Every 2 nd Sunday of month 3pm-5pm	(09) 827 3300	1 Barron Drive Green Bay			

For more information on Community Strength and Balance classes visit www.livestronger.org.nz

We hope you have found our Calendar of Activities useful.

Age Concern Auckland - West has made every effort to ensure details are correct as at time of printing – however information was collected prior to the Covid-19 lockdown period, so please check carefully to ensure that the information on the activity you are interested in is still correct.

We always welcome comments and suggestions for inclusions or updates.

If your group has missed being included, please contact the office by phoning 820 0184 or emailing ageconcern@ageconak.org.nz and we will contact you prior to the next edition.

www.ageconcernauckland.org.nz

Calendar of Activities - User Survey

We hope you enjoy this 2020 edition of the West Auckland Calendar of Activities.

To help us ensure that we continue to receive funding to provide this valuable resource for free, we would appreciate you completing the short and easy survey below.

Once completed please detach the survey below and you can either:

- Post to Bryony Fairbairn, Age Concern Auckland at: PO Box 19542, Avondale, Auckland 1746
- Hand in to our office at 57 Rosebank Road, Avondale (Monday-Friday, 9.00am 4.00pm)
- Scan and email to bryonyf@ageconak.org.nz

Thank you for your assistance.

╳	_						
	1. How useful have you found the Calendar of Activities?						
		Very Useful 🛛	Useful 🗖	Not Useful 🗖			
	2.	Have vou ever	shared anv i	nformation from the Calendar of Activities with another older			

2. Have you ever shared any information from the Calendar of Activities with another older person?

Yes 🗆 No 🗆

3. As a result of having received a copy of the Calendar of Activities have you joined any groups or activities?

Yes 🗆 No 🗆

If yes was it: (tick as many as required)

Exercise/physical activity	
----------------------------	--

Support Group

Educational

Social Group

Other

4. If you are a Seniors Group or Organisation who has advertised in the Calendar of Activities, are you aware of any new members joining after reading your listing?

Yes 🗆 No 🗆 Don't Know 🗆

5. Any other comments you would like to make about the Calendar of Activities?